



National Nutrition Month

March is National Nutrition Month, an entire month dedicated to the education, information, and awareness for healthy nutrition and dietetics. National Nutrition Month focuses on helping people make informed food choices and promotes healthy eating habits.

Registered Dietitian Nutritionist (RDN) Day, also celebrated in March (March 14), increases awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services and recognizes RDNs for their commitment to helping people enjoy healthy lives.

If you're still unsure why National Nutrition has its own month, check out some of these staggering facts below.

1. The typical American diets exceed the recommended intake levels or limits in four categories: calories from solid fats and added sugars; refined grains; sodium; and saturated fat. Americans eat less than the recommended amounts of vegetables, fruits, whole grains, dairy products, and oils.

2. About 90% of Americans eat more sodium than is recommended for a healthy diet.

3. Reducing the sodium Americans eat by 1,200mg per day on could save up to \$20 billion a year in medical costs.

4. Since the 1970s, the number of fast food restaurants has more than doubled.

If you want to take National Nutrition Month one step further, find out more about our stay fit dinning program at 858-7639.

MISSION STATEMENT: The mission of the Department of Senior Services of Erie County is to promote the well-being of all older adults through coordinated and cost-effective services which enhance their independence, dignity, and quality of life.

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UNIVERSITY EXPRESS

We are in-between semesters, but we still have virtual sessions that you can take advantage of! You can also watch recorded classes on demand on our website!



Virtual schedule

Trivia: Friday, March 4th at 2 pm

Trivia: Friday, March 18th at 2 pm

Current Events Discussion Group: Thursday, March 24th at 2 pm

Trivia: Friday, April 1st at 2 pm

Current Events Discussion Group: Thursday, April 28th at 2 pm

Contact Katie at katherine.earl@erie.gov to join!

Spring Semester: May 2nd - July 15th We will be offering in-person and virtual classes! Visit our website to join our email list for updates or call for more information!

Website: erie.gov/ue

Phone: 716-858-7605

RSVP

Ron and Corine Gilson are Erie County RSVP's Volunteer Valentines. They have been married for almost 50 years (49 to be exact)! Married on Thanksgiving Day, they very fittingly live their lives as thankful and giving people. Ron and Corine have volunteered together for many years. In 2011 they attended an RSVP Presentation and learned about Niagara Frontier Radio Reading Service (NFRR).

Started in 1987 NFRR, a non-profit audio information service, has been reading newspapers, magazines, books, and other print publications to people who are blind, have low-vision, or have other disabilities that make holding a book or turning a page challenging. Corine adds, "it is also a great resource for those who do not speak English or are learning the English language". NFRR broadcasts live and recorded programs online via the Internet and on-air over a private radio frequency that covers most of WNY and Southern Ontario. The service and loan of a special radio receiver is free for qualified listeners.

Corine, a retired teacher with a love of reading, decided to volunteer at NFRR. For many years she reported to the NFRR offices where she would read and record in their studio. She enjoyed going to the studio and working with the other volunteers. Ron would often drive Corine. One day, the Director of NFRR was showing Ron radio receivers which were broken and waiting to be fixed. Ron, who has an electronics degree and is retired from Bell Aircraft, volunteered to repair the radios. He has been doing that ever since!

Volunteering together at NFRR was a joy for the Gilsens. But COVID-19 forced a major change on how the volunteers helped out at the studio. Only a few people were allowed in the building at one time. To accommodate the new restrictions, Ron built Corine a sound proof studio in their home. "It's really nothing major. It is an empty bedroom which now has foam panels lining the walls," says Ron. NFRR lent them the recording equipment, and now Corine reads and records from their home. They call it Studio 81, after their street address. This idea has opened the door for other volunteers to read and record from home as well. Ron repairs the radios at home now too. Although they miss seeing everyone, they are happy they can still help.

With the pandemic volunteer shortage, Corine had to pick up some extra reading assignments. Along with *The Buffalo News*, she now reads from the *Wall Street Journal*. "I'm glad to do it," she says. "This position has kept me mentally sharp. It has also improved my vocabulary and kept me very up to date on current events," she adds. Offering their services and talents together has been a satisfying experience for the Gilsens. It has helped to keep the conversation going between them even after almost 50 years of marriage. They especially enjoy helping people while doing what they love and staying social.

Ron is also active with the Buffalo & Erie County Naval & Military Park as a docent, and he even gets Corine involved. In 2019, he invited Corine on a 5-day/4-night cruise on Lake Erie. What she didn't know was that it would be aboard USS *The Sullivans* as part of the *Tall Ships event at Canalside*! She actually accepted his invitation and they did just that—spent four nights, in a berth, on a WWII-era destroyer. Corine said it was a blast!

Both enjoy being members of RSVP. They love Tribute Day and the one-time events. The insurance policy benefits and mileage are a nice addition as well. They encourage others to volunteer and join RSVP—which you can do by contacting RSVP@erie.gov or calling 716-858-7548. There are lots of opportunities to get involved in the next few months, including an upcoming Healthy Snacking workshop, an Open House at Tiff Nature Preserve, and Earth Day group volunteering events!



Recipe of the Month

Delicious Pot Roast

This is an easy oven-baked pot roast with vegetables. The aroma will make you hungry while this delicious roast bakes.

Ingredients:

- 2 pounds beef pot roast, fat trimmed and discarded
- 3 potatoes, peeled and cut into 6 pieces
- 1 large onion, cut into 8 pieces
- 2 carrots, cut into 1-inch pieces
- 2 stalks celery, cut into 1-inch pieces
- 3 cups water
- salt and ground black pepper to taste
- 1 pinch garlic salt, or to taste
- ½ cup water
- 3 tablespoons cornstarch



Directions:

1. Preheat oven to 300 degrees F (150 degrees C).
2. Place roast in a large baking pan; arrange potatoes, onion, carrots, and celery around roast. Pour 3 cups water into baking pan. Season roast with salt, pepper, and garlic salt. Cover pan with aluminum foil.
3. Bake in the preheated oven until roast is browned and cooked through, about 3 hours. An instant-read thermometer inserted in the thickest part of the roast should read 145 degrees F (65 degrees C). Transfer roast to an oven-safe platter. Remove vegetables using a slotted spoon and arrange around roast.
4. Reduce oven temperature to 200 degrees F (95 degrees C). Place platter with roast and vegetables in the oven to keep warm.
5. Pour the remaining juices from the baking pan into a saucepan; bring to a boil. Stir ½ cup water and cornstarch together in a bowl until smooth; pour into boiling pan juices. Reduce heat to medium; cook, stirring constantly, until gravy is thick, about 5 minutes; season with salt and pepper. Stir in browning sauce.

Combatting Social Isolation:

EDUCATION

Academic Earth- View free online courses from some of America's best Universities.

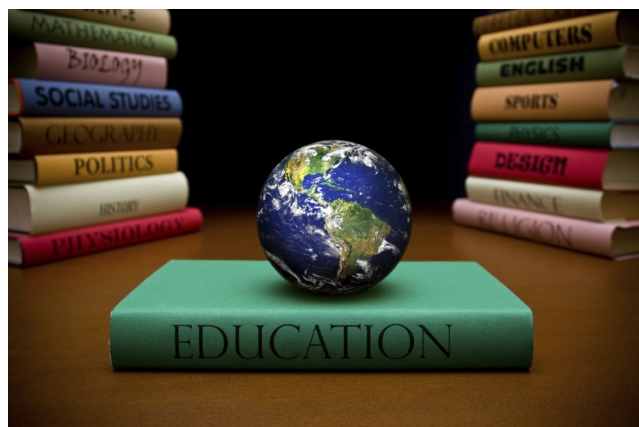
The Hidden Worlds of National Parks- Enjoy a 360-degree tour of five of America's National Parks thanks to Google Arts and Culture.

Virtual NYC- Explore the virtual NYC website and find the best online experiences in the five boroughs.

edX- Find high quality online classes from top universities around the world.

Smithsonian Learning Lab- Enjoy this interactive platform and discover all the Smithsonian has to offer virtually.

Buffalo and Erie County Library- The library has downloadable content (ebooks, audiobooks, videos)! Info on how to download here. Update: Some locations may be open or offer other options to pick up materials.



Club 99 Group Exercise

We use a combination of resistance band exercises, cardio, stretching and the use of a small exercise ball to help you stay motivated throughout the program. We meet daily, Monday through Friday from 9-10am.

All 60 and over are welcome to join in. The side effects of regular exercise are: improved sleep, increased blood circulation, improved heart health, increased confidence, weight loss or maintenance, increased flexibility and an overall increase in health and well-being.

If you have any questions or you would like more information, please contact Julie Ruszala at 858-6403 or julie.ruszala@erie.gov.



Helpful Tips For Exercisers

1. **Stay hydrated-** Drinking fluids throughout the day is essential for maintaining healthy hydration levels. Replenishing fluids during exercise is essential for maintaining optimal performance, especially when exercising in hot temperatures.
2. **Optimize your nutrition-** Be sure to consume a balanced diet to support your fitness program. All food groups are necessary to sustain healthy energy levels and get the most out of your workout. Carbs are vital, as they can fuel your muscles before exercise.
3. **Warm up-** It's important to warm up before your workout. Doing so can help prevent injuries and improve your athletic performance.
4. **Cool down-** Cooling down is also important because it helps your body return to its normal state. Taking a couple of minutes to cool down can help restore normal breathing patterns and even reduce the chance of muscle soreness.
5. **Listen to your body-** If you're not used to working out every day, be mindful of your limits. If you feel pain or discomfort while exercising, stop and rest before continuing. Pushing through the pain is not a good idea, as it can cause injuries.

Erie County Stay Fit Dining Program

STANDARD

MARCH 2022

Monday	Tuesday	Wednesday	Thursday	Friday
28 Rotini & Meatballs with Tomato Sauce & Shredded Mozzarella Cauliflower Seasoned Spinach Fruit Cocktail (681)	1 Fat Tuesday Chicken & Sausage Paella Yellow Rice Fiesta Corn Fruit Punch Marinated Cucumber Salad Chocolate <u>Enclair</u> (796)	2 Ash Wednesday Soup & Salad Broccoli Cheddar Soup Chef Salad with Dressing Carrots Cornbread Fresh Apple Chocolate Milk (976)	3 Beef Stew Mashed Potatoes Biscuit Chocolate Mousse (727)	4 Entrée Salad Tuna Macaroni Salad on a Bed of Salad Greens Whole Grain Crackers Frosted Spice Cake (820)
7 Turkey a La King Mashed Potatoes Carrots Biscuit Chocolate Chip Cookies (742)	8 Ham Steak with Maple Glaze Scalloped Potatoes Peas Rye Bread Lemon Cake with Frosting (820)	9 Entrée Salad Chicken Caesar Salad Whole Wheat Dinner Roll Baked Pear Crisp (957)	10 Breaded Chicken Breast with Tomato Sauce & Shredded Mozzarella over Pasta Wax Beans Chef Salad with Dressing Tropical Fruit Chocolate Milk (893)	11 Soup & Salad Cream of Mushroom Soup Chef Salad with Garbanzo Beans & Dressing Brussel Sprouts Biscuit Fruited Gelatin (863)
14 Italian Sausage with Peppers, Onions, and Tomato Sauce on Hot Dog Bun Roasted Potatoes Mixed Vegetables Pineapple (597)	15 Chili Con Carne Corn Apple Juice Saltine Crackers Fresh Grapes Chocolate Milk (809)	16 Baked Chicken with Lemon Herb Sauce Sweet Potatoes Peas Wheat Dinner Roll Peach Crisp (817)	17 St. Patrick's Day Corned Beef with Cabbage Red Potatoes with Parsley Carrots Marinated Beet & Onion Salad Deli Rye Bread Lime Sherbet (812)	18 Vegetable Lasagna with Cream Sauce Cauliflower Chef Salad with Dressing Dinner Roll Frosted Marble Cake (875)
21 Welcome Spring! Cheese Tortellini with Chicken & Vegetable Primavera Sauce Zucchini Medley Parmesan Brussel Sprouts Marinated Tomato Salad Whole Wheat Dinner Roll Italian Ice (803)	22 Beef Stew with a Biscuit Harvard Beets Strawberry Bavarian (845)	23 Beef Macaroni Casserole California Mixed Vegetables Chef Salad with Dressing Rye Bread Fruit Compote Chocolate Milk (880)	24 Roast Turkey with Gravy Molded Cranberry Salad Mashed Potatoes Peas and Carrots Stuffing Frosted Lemon Cake (852)	25 Beer-Battered Fish with Tartar Sauce Macaroni and Cheese Green Beans Whole Wheat Dinner Roll Coleslaw Mandarin Oranges (851)
28 Cheese Ravioli with Tomato Meat Sauce Peas Summer Squash Medley Italian Bread Peaches (738)	29 New Menu Item! Chicken Shawarma Lemon Green Beans Cauliflower Quinoa Tabbouleh Salad Sugar Cookies (837)	30 Roast Beef with Horseradish & Gravy Sweet Potatoes Savory Cabbage Rye Bread Frosted Cherry <u>Cake</u> (811)	31 Entrée Salad Cranberry Chicken Salad on a Bed of Salad Greens Club Crackers Mandarin Oranges Chocolate Milk (718)	1 April Fool's Day Cheese Omelet with Creole Sauce Cheesy Diced Potatoes Orange Juice Warm Biscuit Fresh Fruit Salad S'mores Scramble (825)

Health Tips of the Month

1. Instead of French fries when ordering out, ask for steamed vegetables.
2. Use a diary to track the foods and beverages you consume. The diary helps you notice when you might be slipping into less healthy eating and drinking patterns.
3. Make a shopping list and stick to it. Don't shop when you are hungry.
4. Don't keep foods that are high in fat, added sugar or salt in your home, workplace or car. You can't consume what is not there. Keep healthier snacks ready so you can make the healthy choice the easy choice.
5. Eat meals at your table. Turn off the TV and all other devices so you don't mindlessly eat or drink too much- enjoy food without distraction.
6. Choose parking spots that are farther away for extra steps.
7. Rake leaves, wash the car or do brisk housecleaning.
8. Surround yourself with people whose company you enjoy.
9. Take a break from sitting at the computer, TV or other devices.
10. Get adequate sleep and try a new hobby that interests you.



YOUR FRIDGE + FOOD SAFETY

Keeping your refrigerator clean and organized helps to minimize food spoilage and reduces your risk of foodborne illness.

COOKED LEFTOVERS

Leftovers are safe for 3 to 4 days in the refrigerator.

TEMPERATURE

An appliance thermometer lets you know your fridge is set to 40 °F or below.

RAW MEAT

Prevent juices from leaking by storing on a wrapped plate or in a sealed container.

DOORS

Temperature changes frequently—avoid storing perishable foods here.

SEALED DRAWERS

Drawers are the best storage option for fruits and vegetables.

MAIN COMPARTMENT

Temperature is more stable—store perishable foods like raw meat, dairy, and eggs here.

FREEZER

Set to 0 °F or below. Frozen food is safe forever though quality may suffer with lengthy storage.

ADDITIONAL TIPS

Clean refrigerator surfaces with hot, soapy water and diluted bleach solution.



Keep fridge smelling fresh by placing an opened box of baking soda on a shelf.



For more food safety tips, go to

—**FoodSafety.gov**—

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